

**ANDROPAUSE SYMPTOM CHECKER**

(Also known as Testosterone Deficiency Syndrome, [*male menopause, andropause*](https://www.centreformenshealth.co.uk/mens-health-services/male-menopause) , or LowT)

How to complete the test: For each of the symptoms listed below, please tick the box that best describes how much it is affecting you at this time. If you do not have the symptom, mark it as “none”.

**Please note: the questionnaire score on its own cannot tell you if you have Testosterone Deficiency Syndrome. Careful expert medical assessment of your symptoms, alongside**[blood test results](https://www.centreformenshealth.co.uk/male-hormone-testing)**and other key information is required before any diagnosis can be made.**

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| --- | --- | --- | --- | --- | --- |
| **Symptoms** | **None** | **Mild** | **Moderate**  | **Severe** | **Very Severe** |
| Decline in your feeling of general well-being |  |  |  |  |  |
| Joint pain and muscular ache |  |  |  |  |  |
| Excessive Sweating |  |  |  |  |  |
| Sleep problems |  |  |  |  |  |
| Increased need for sleep, often feeling tired |  |  |  |  |  |
| Irritability |  |  |  |  |  |
| Nervousness |  |  |  |  |  |
| Anxiety |  |  |  |  |  |
| Physical exhaustion & lacking vitality |  |  |  |  |  |
| Decrease in muscular strength |  |  |  |  |  |
| Depressive mood |  |  |  |  |  |
| Feeling that you have passed your peak sexually |  |  |  |  |  |
| Feeling burnt out, having hit rock bottom |  |  |  |  |  |
| Decrease in beard growth |  |  |  |  |  |
| Decrease in ability or frequency to perform sexually |  |  |  |  |  |
| Decrease in the number of morning erections |  |  |  |  |  |
| Decrease in sexual desire/libido |  |  |  |  |  |

